

Course: Basic Water Rescue



Purpose

To provide individuals with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. To prepare individuals for aquatic emergencies by teaching them how to protect themselves while assisting others.

Prerequisites

There are no prerequisites to enroll in the Basic Water Rescue course. However, because there is an in-water skill session, participants must be comfortable in chest-deep water.

Learning Objectives

- List water safety guidelines for activities in, on or around the water
- Recognize the characteristic behaviors of someone who needs help in the water
- Define an emergency action plan
- Describe how to develop an emergency action plan
- Describe how to trap air in clothing for buoyancy as a means of self-rescue when not wearing a life jacket
- Describe two positions used for floating in cold water while wearing a life jacket
- Explain how to perform an ice self-rescue
- Explain how to help someone who has fallen through the ice
- Describe actions to take to prevent or delay hypothermia
- Describe how to care for someone having a seizure in the water
- Demonstrate the HELP and huddle positions
- Demonstrate two ways to perform a reaching assist
- Demonstrate a throwing assist using two different pieces of equipment
- Demonstrate a wading assist with equipment
- Demonstrate the beach drag and walking assist
- Demonstrate two ways to stabilize a victim's head, neck and back in the water

Length

4 hours

4 hours, 20 minutes with optional video

Instructor

Currently authorized Water Safety (r.09) or Lifeguarding instructor

Certification Requirements

- Attend all class sessions
- Demonstrate competency in each skill taught in the course
- Correctly answer at least 80 percent of the questions on the final written exam

Certificate Issued and Validity Period

Basic Water Rescue – 3 years

Participant Materials

Swimming and Water Safety manual (StayWell Stock No. 651314) (Recommended, but not required)

OR

American Red Cross Basic Water Rescue reference guide (Available from the St. Louis American Red Cross Chapter) (Recommended, but not required)